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Columbia University's Health Question & Answer Internet Service

alcohol, nicotine, & other drugs

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HANGOVER-HELPING PRODUCT?

Dear Alice,

I found a product for Hangovers that people claim really works. From the ingredient list, attached, can you offer your opinion? It contains Vitamin B-1 (250 mg), Aspirin (450 mg), Tylenol (288 mg), Calcium Carbonate (500 mg), and Caffeine (64 mg).

Dear Reader,

It seems like everyone has a secret hangover remedy they swear by. These days, many companies are banking on the fact that those "morning after" symptoms can be downright miserable, and stubborn. A word to the wise, however: the only real cure for a hangover is time. No matter what you do to lessen the symptoms — aches, nausea, sluggishness — you'll still just have to wait for your body to finish processing and getting rid of the excess alcohol you've consumed. The most effective way to deal with hangovers is to manage your drinking as you go along, so that your body has a chance to balance things out as you drink — therefore, avoiding the yuck-factor altogether. For more information about hangovers and healthy drinking habits, read the Related Q&As listed below.

Now, about this supposed wonder-product you describe: it sounds like the clever marketers behind this one have simply combined the most common "home remedies" into one slick package. The only difference is that as an eager consumer, you might wind up paying a lot more for their hangover helper than if you bought each ingredient separately, and with less flashy packaging. Having an understanding of each ingredient and its effects can help you decide which, if any, you'd like to take after over-imbibing.

First, vitamin B-1: usually referred to as Thiamin, this B vitamin is commonly found in oranges, potatoes, peanuts and raisins, wheat germ, and whole grains. It helps maintain normal functioning of the nervous system, muscles, and heart. Many also believe that it helps reduce feelings of tiredness and depression, while increasing appetite and alertness. Long-term alcohol abuse often results in thiamin deficiency. In theory, a night of heavy alcohol intake could have an impact on your vitamin levels, particularly if you have vomited or lack an appetite and therefore eat little in the next few days. Taking this vitamin, or a multi-vitamin for that matter, may help your body return to normal functioning, but don't expect any miracles.

Aspirin is a pain reliever often used to reduce fever, inflammation, and the discomfort associated with headaches, injuries, and arthritis. Its use in a supposed magic potion for hangovers may at first seem sensible, perhaps even necessary, to deal with the customary head and body aches. However, aspirin causes stomach irritation in a lot of people. As alcohol, and particularly heavy drinking, also causes stomach upset, mixing of the two substances may not be a good idea. If you have a history of stomach

irritation or ulcers, check with your health care provider before using aspirin for any condition.

Tylenol is a brand name for acetaminophen. Its uses are very similar to those for aspirin, although acetaminophen will not help with swelling or stiffness in one's joints. Again, like aspirin, taking acetaminophen to treat the discomfort of a hangover seems sensible. For many people, it is fine once in a while. However, if you have a history of liver or kidney disease, consult with your health care provider first. Over the long-term, combining alcohol and acetaminophen has been found to cause liver damage.

Calcium carbonate is an antacid. Antacids help to treat the symptoms of heartburn and acid indigestion caused by the presence of too much acid in the stomach and/or esophagus (the tube connecting your mouth to your stomach). They do not necessarily help with nausea. It is rare to have problems with antacids when they are used as recommended. However, if you take certain prescription medications, talk with a health care provider first as they may interact with antacids. Their use may also change (decrease or increase) the effectiveness of any other medications you take; and, in fact, alcohol inhibits the antacid from doing its job as well as it normally would. Also, do not take an aluminum or magnesium-based antacid if you have kidney disease. There are also some studies that show that certain antacids, namely ranitidine and cimetidine, may increase blood alcohol levels when used with alcohol. But the evidence is conflicting, and there is no reason to believe that antacids besides these two (calcium carbonate, for example) would have similar effects.

Finally, caffeine: this stimulant is the ingredient in coffee that helps millions wake up in the morning. Taking caffeine in tablet form, or simply drinking a cup of coffee, the morning after an episode of heavy drinking might help relieve headaches and make you feel more energized. It's caffeine's vasoconstrictor action that helps to diminish or prevent head pain caused by dilated blood vessels by reducing blood flow through your veins. But, at the same time, caffeine may irritate your stomach, worsening any existing queasiness. In addition, caffeine, like alcohol, is a diuretic — it will make you pee a lot. Often, hangover symptoms are caused in part by dehydration, so it's important to drink lots of water and other non-carbonated beverages during and after alcohol intake. However, caffeine may inhibit re-hydration.

Hope this helps,

Alice

Related Q&As

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Updated December 27, 2002 / September 3, 1999



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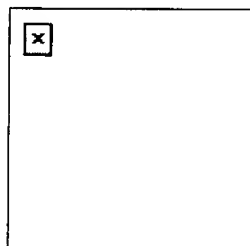
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Detailed Description



Our Comments: We received several positive customer responses to Chaser. The ingredients in Sob'r-K and Chaser are very similar - they both use activated carbon. We had to rank Sob'r-K a little higher than Chaser, because although we received positive feedback, we also received 2 negative comments. Sob'r-K only received 1 negative comment.

Guarantee: We honor their company's unconditional 30 day 100% money back guarantee!!! We have taken away the risk so you can try it!



Directions: Per drinking session. Take two caplets with your first drink. For best results, take two more caplets every two to three hours (or five to six drinks) thereafter.

Ingredients: Chaser is a patent-pending formula of activated calcium carbonate and vegetable carbon. Calcium carbonate is the active ingredient in most calcium supplements and antacids. Vegetable carbon has been used for centuries to absorb toxins and is still used in hospitals today.

Their Comments: Chaser prevents headaches and nausea caused by alcoholic beverages. A recent survey shows that it takes an average of just 3.2 drinks to cause a hangover. For ten percent of people, all it takes is one or two. That's why there's Chaser. Chaser absorbs the toxins in alcoholic beverages that cause hangovers so you don't get one. Period. You'll wake up feeling great. No headache. No nausea. No regrets.

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Drink responsibly and never drink and drive! All of these hangover products and statements have not been evaluated by the Food and Drug Administration. The FDA does not require such an evaluation. All of these products are not intended to diagnose, treat, cure or prevent any disease.

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Tried & tested: Hangover cures



Fry-up & various



Ruth, 36: "The only cure that works for me even with top of the range, turn yourself inside out hangovers, although obviously I have to wait until the puking has abated. The fry up provides protein, fat and carbohydrates in generous measure and greasy food settles a hungover stomach. A fried egg sandwich does much the same job, but not quite as well. Jo Brand's fried bread sandwich (one slice of fried bread between two uncooked slices) is better than nothing if you have no other food in the house."



Milk thistle £7.99

buy it now ►



Clare, 36: "I'd always wanted to try milk thistle, as I knew it was good for your liver. (It's a powerful antioxidant, which helps the liver to regenerate itself after damage from alcohol.) I took some after a night on the wine and with a medium-sized hangover. It didn't make much difference to how I felt physically, but I did feel better psychologically, as I knew it was helping my liver to repair itself. I'm going to take it daily during the festive season as a preventative measure."



Napiers Hangover Hotch Potch £3.60

buy it now ►



Simone, 27: "This is a herbal blend of bitters which you dilute in a glass of water. It contains milk thistle, Meadowsweet to calm the stomach, peppermint as an anti-acid, ginger to ease nausea and dandelion root to balance the bowels. Yikes! You're supposed to take it before, during and after a night out to help your body deal with the toxins from alcohol. I can't imagine anyone remembering to take it during a night out, but I tried it the morning after. According to the blurb it has 'a slightly bitter taste'. My god they're not joking. It was so bad I grabbed the nearest thing in front of me - a glass of red wine from the night before - to take the taste away! On the plus side, it cleared my head for sure. In fact, I was OK for the rest of the day and didn't just lie on the sofa (my usual hangover position). A good remedy if you can cope with the taste!"

Have you got the perfect hangover cure? [let's talk ►](#)

Tried & tested: Hangover cures

- **Bender Mender, B vitamins & Cynara artichoke**
- Fry-up, milk thistle & hangover bitters**

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DRINK EASE



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Drink Ease is a homeopathic remedy used for the relief of hangover associated with drinking alcohol. Imported from New Zealand, it has been highly regarded for years as a safe and effective hangover remedy worldwide.

Recommendations: Take one tablet with a large glass of water after drinking. Repeat every four hours if necessary. However, these directions are acceptable and may be preferable. Best taken from meals. Remember to drink responsibly.

Cautions: If pregnant or nursing a baby seek advice of health professional before using this product. If symptoms persist for more than three days worsen consult a physician. Do not use if blister wrapping is broken and all medications out of reach of children.

Each package of Drink-Ease contains 30 tablets which is enough for hangovers.

Hangover Prevention

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More Information

BUZZ is an all natural supplement specifically designed to prevent the onset of a hangover. It is based on the ingredient L-Cysteine. L-Cysteine is an amino acid that has been available for decades as a nutritional supplement. L-Cysteine is widely recognized as an antioxidant that attacks free radicals in the body.

Other ingredients in BUZZ are: Vitamin C, Thiamin, Dicalcium Phosphate, Stearic Acid, Magnesium Stearate, Silicon Dioxide, and Hydroxypropyl Methylcellulose.

Each bottle of BUZZ contains fifty tablets. The manufacturer recommends taking one tablet an hour before consuming alcohol and one tablet before going to bed. Individual results may vary. Keep away from children.

BUZZ is manufactured for Inhale Solutions, Inc. The manufacturer is recognized by the National Nutrition Food Association for excellence in quality control and safety. They also adhere to the NNFA's Good Manufacturing Practices procedures. All products pass through several stages of inspection and are scrutinized thoroughly by qualified personnel.

BUZZ has already helped thousands of hangover sufferers. It has been available to consumers since August, 2001.

Return Policy

We offer a 30 day money back guarantee on BUZZ. Purchase BUZZ and try it for up to 30 days and if you are not completely satisfied with the results just return the bottle(s) and receive a full refund of the purchase price. The bottle(s) must be returned to us for us to process the refund. We are so confident that BUZZ will work for you that we offer this great 30 day money back guarantee.

Shipping Information

Orders are shipped by First Class mail unless otherwise stated. Normally, shipping takes 2-7 business days from the shipping date to get to its destination. Shipping may take longer during holiday periods.

Frequently Asked Questions

1. Does BUZZ Come With A Money Back Guarantee?

Yes. BUZZ comes with a 30 day money back guarantee. Try BUZZ for up to 30 days and if you are not satisfied with the results just return the bottle for a full refund. See our return policy for full details.

2. How Much Should I Take?

The manufacturer recommends taking one tablet an hour before drinking and one tablet before going to bed. Individual results may vary.

3. What's In BUZZ?

BUZZ is all natural. The ingredients used in BUZZ are as follows:

- L-Cysteine
- Vitamin C
- Thiamin
- Dicalcium Phosphate
- Stearic Acid
- Magnesium Stearate
- Silicon Dioxide
- Hydroxypropyl Methylcellulose

4. Is This Product Safe?

BUZZ has been tested extensively and is safe to use as directed. Not recommended

for use by children. Keep away from children.

5. What Types Of Payments Do You Accept?

We accept payments made through Paypal. We also accept money orders, cashiers checks and personal checks by regular mail. To pay by regular mail click here [mail order](#).

6. Will BUZZ Sober Me Up?

No. BUZZ was specifically designed to prevent the onset of a hangover. It does not effect the way you normally feel when consuming alcohol so it will not sober you up. Please drink responsibly.

7. Will You Be Offering More "One Of A Kind" Types Of Products?

Yes. We will be adding more products to our website as we aquire them. One such product is in its final phase of testing and should be released for us to sell very soon. Be sure to bookmark this website and check back often.

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Achy New Year? 10 Hangover Cures!

by **Kim Droze**
 eDiets Managing Editor

It's New Year's Eve and you're living it up. From oversized glasses of red wine to pints of imported beer to tumblers of mixed drinks, you gulp whatever the host or hostess gives you.

Sure you may start out slow. But as the hours roll by, you pick up the pace and begin to throw caution to the wind. By the time the crowd counts down to midnight, the Times Square ball ain't the only thing ready to drop.

Yes, you've had a blast. Unfortunately, there's got to be a morning after...

For many of us, partying too hard can lead to the dreaded hangover. If you've ever suffered a hangover, you know the symptoms far too well: dry mouth... pounding head... upset stomach. Hangovers are so common you'll find a shelf of "remedies" at most supermarkets, pharmacies and convenience stores.



But what *really* works when it comes to head-pounding, stomach-churning hangovers? The old wives' tales have been around since the beginning of time. We've heard about everything from drinking "the hair of the dog" to eating gobs of butter. Some drinkers swear by prevention, while others count on the cures. Although there are no guarantees, author Dr. Joe (an alias) has compiled the "best of" in his e-book *Everything That You Wanted To Know About Hangovers (But Didn't Know Where To Ask)*.

Dr. Joe may hold a Ph.D in psychology, but it's research and firsthand experience that taught him everything he ever wanted to know about hangovers. Now, he's put together a guide to get you on the road to recovery after a long night of imbibing. While there are many factors that lead to a hangover (dehydration, over-stimulation of the nervous system, dilation of the blood vessels, etc.), one of the leading determiners is how much you drink and how fast you drink it.

What you drink also plays a role. Traditionally, the darker and sweeter drinks (rum, red wine) are notorious for causing wicked hangovers. But sticking to beer or vodka doesn't guarantee you'll be hangover-free either.



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"The main factor is how much you drink the night before," he tells eDiets. "But there may be factors from the night before too. Everybody has been in the situation where they had a certain amount to drink one night and felt fine the next day and then had the same amount to drink another night but woke up feeling lousy.

"It may have to do with how fast you drink or how much you eat or the types of food you eat. For example, high-fat foods are said to absorb alcohol better."

Hangover prevention and cures are hardly down to a science, but Dr. Joe points out that there's nothing wrong with trying. Over the years, he's learned that moderation is your best ally when it comes to warding off hangovers.

"You want to get into the zone," he says. "A good pace is probably two drinks the first hour and one drink every hour after that. Once you get past the zone, the negatives associated with alcohol start to mount up. After two drinks, you might be feeling fine and you figure two more drinks will make you feel twice as fine, but it doesn't work that way. After two to three drinks, the negative effects start to creep in."

Here are some popular ways used to prevent the "cocktail flu."

EDITOR'S NOTE: *Neither eDiets nor Dr. Joe endorse or recommend any of the following remedies.*

1. The most common sense answer to preventing a hangover is to drink moderately. Also, alternate alcohol with non-alcoholic beverages. This will help you stay hydrated.
2. Eat. Put something in your stomach to absorb the alcohol.
3. Avoid mixing drinks.
4. Taking evening primrose oil the night before.
5. Taking vitamins B and C the night before.
6. Eat honey.
7. Beware of aspirin. It may be helpful for the headache, but it may further irritate your stomach.
8. Avoid Tylenol. When mixed with alcohol, Tylenol can cause some potentially serious liver problems.
9. Drink plenty of fluids. Gatorade is a wise choice, since it can help in replacing electrolytes that are depleted when drinking.
10. Know when to say when. That last drink could be the one to push you over the edge. If you still feel like drinking, opt for a club soda or another non-alcoholic beverage.

Maybe the preventative measures you took weren't exactly fail-proof. There is still hope. Here are some of the most common ways used to cure the hangover blues.

1. **DO NOT** rely on the hair of the dog. Dr. Joe points out that drinking more alcohol to nurse a hangover is a bad idea. While it may ease symptoms due to the rebound effect that brings the nervous system back down, the problems associated with it far outweigh the benefits. Drinking in the morning is a warning sign that you are developing a serious problem with alcohol.

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2. Time is the only surefire cure.
3. Hydration. Water, seltzer and sports drinks will help replenish bodily fluids.
4. Try caffeine the morning after. This may help with the headache. On the downside, it can irritate the stomach.
5. Take a shower. This will get rid of that grungy feeling that lingers after a night of drinking.
6. Eat something light. Fruit, toast and cereal are a good idea. There are also people, who swear by tomato-based products, like spaghetti and tomato sauce or V8.
7. Take B complex vitamins.
8. Try Alka-Seltzer, Hangover Helper or Professor Seltzer.
9. Cut down light and noise to ease light sensitivity and head pain.
10. Sleep it off. If someone has a hangover, there's a good chance they didn't sleep well the night before. Sleep is also a good way to pass the time while your hangover wears off.

To get your copy of *Everything That You Wanted To Know About Hangovers (But Didn't Know Where To Ask)*, [click here](#).

If you're suffering from a post-holiday food hangover, eDiets can provide the perfect remedy! To get started, [click here](#) and fill out a free diet profile.

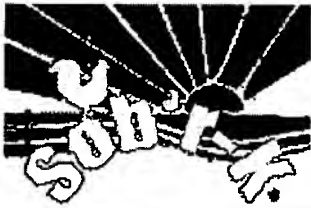
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Patent Information

Sob'r-K™ U.S. PATENT 4,594,249 [NEW PATENT PENDING]

Summary of the Invention

Broadly stated the present invention is directed to a method for alleviating the effects of consumption of beverage alcohol which comprises administering to the drinker of alcohol amount of Sob'r-K™ equal to at least about 5 to 15 milligrams of Sob'r-K™ per kilograms of body weight. Preferably Sob'r-K™ is administered in from two to four minimum doses spread over the period of the alcohol consumption, depending upon its length and the amount of alcohol consumed.

It reduces or eliminates the next day effects of alcohol consumption known as hang-over. In the long run, the invention eliminates or reduces the long term effects of heavy consumption of alcohol: depression, delirium tremens, peptic ulcers, cirrhosis of the liver, fetus damage, pancreatitis, alcohol related death, and associated alcohol related disabilities. The method is based on the consumption by the subject of Sob'r-K™ before, during and/or following consumption of alcohol.

Examples

Example 1

A male subject weighing approximately 170 pounds (77 kilograms) took two 350 milligrams capsules of Sob'r-K™. Then, over the course of 1 hour 6 ounces of ethanol were consumed. Twelve minutes following consumption of the last drink, the blood alcohol level was tested at 0.08 percent, using a portable, calibrated breathalyzer. After an additional five minutes, the blood alcohol level was reduced to 0.05 percent. After an additional thirteen minutes, thirty minutes after completion of the last drink, the blood alcohol level was reduced to 0.04 percent. Based upon the standard charts relating blood alcohol levels to the amount of the alcohol consumption and body weight, the blood alcohol concentration should have been over 0.10 percent, the standard for measuring

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drunkenness in most states.

Example 2

In a parallel experiment conducted at the same time, another male subject weighing about 170 pounds (77 kilograms) also took two 350 milligram capsules of Sob'r-K™ immediately before drinking six ounces of alcohol over the course of one hour. His blood alcohol level was measured at 0.13 percent eight minutes following completion of the last drink. Six minutes later, it measured 0.06 percent and sixteen minutes later, thirty minutes after completion of the last drink, it measured 0.04 percent. Again, according to the standard charts, the blood alcohol level should have been over 0.10 percent.

Example 3

Two 350 milligram capsules of Sob'r-K™ were ingested at the beginning of the test. Twenty-one ounces of alcohol were consumed over period four hours. Two more 350 milligram capsules of Sob'r-K™ were ingested five minutes before the end of the test. Eighteen minutes following completion of the last drink, the subject's blood alcohol was measured at 0.145 percent. Thirty minutes later, it was tested at 0.11 percent. Forty minutes later, it was tested at 0.09 percent, and fifty-five minutes later it was also tested at 0.09 percent. This experiment was conducted in the evening but no morning after effect was experienced. When similar amounts of alcohol were consumed by this subject without Sob'r-K™, classic hang-over symptoms were observed.

Example 4

Two 350 milligrams capsules of Sob'r-K™ were ingested. Six ounces of alcohol were consumed in a period of one hour. Thirty minutes later, two more 350 milligram capsules of Sob'r-K™ were ingested and immediately thereafter the blood alcohol level was tested at 0.04 percent. Nine more ounces of alcohol were consumed over the next two and one half hours. Sixteen minutes following completion of the last drink the blood alcohol level was measured at 0.125 percent. Eleven minutes later, it was measured at 0.055 percent. Nineteen minutes later, it was measured at 0.05 percent. According to the standard charts, the blood alcohol level for this subject should likewise have been at least 0.20 percent. This experiment was also conducted in the evening and again no hang-over effect was noted, although this subject ordinarily suffers from hang-over after consumption of similar amounts of alcohol.

Please note the [really long] patent application has been edited for the web



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Louise Clissold

We found some (very) willing guinea pigs, gave them large amounts of alcohol and a heap of hangover cures to test...

**Bender mender £2**

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Nicole, 31: 'This is a combination of vitamins, minerals and Succinic acid (found in apricots, strawberries, gooseberries, beetroot and aloe). The latter helps to prevent alcohol toxins from accumulating in the bloodstream. It comes in the form of two sachets: one to be taken before going to bed and the other when you wake up. I went on a huge bender when I tried this, and was in too much of a state to remember to take it the night before. The next day I was feeling pretty rough and just about managed to force down a glassful. It tasted awful, but I felt slightly better about an hour later. Next time I'll try and remember to take it the night before!'

**Berocca vitamin supplement £6.19**

buy it now ►



Brenda, 29: 'This is a mixture of B vitamins, vitamin C, calcium and magnesium in the form of effervescent tablets. Ideally you should take B vitamins the night before, because they are used up while your system is metabolising alcohol and lack of them can contribute to a hangover. However, if the damage is already done, as mine was, you can take them the morning after. My hangover was fairly mild, so I was able to stomach the fizzy orange drink. It felt as though it started working immediately and I perked up pretty quickly. Berocca should definitely be a kitchen-cupboard staple.'

**Cynara Artichoke £9.95**

buy it now ►



Elizabeth, 36: 'Apparently, this is the hangover remedy of choice for Zoe Ball, Claire

Sweeney and legendary drinker Chris Evans! It's made from dried artichoke and Cynarin, which stimulates the production of bile, helping to break down and eliminate alcohol from your body. It can relieve nausea, bloating and indigestion, those all-too-familiar hangover friends! I took some before I went out drinking and again the next morning. Of course, my test was deeply unscientific, but I felt surprisingly good the next day, considering the amount of booze I drank! I'll try this one again.'

[next ►](#)**Tried & tested: Hangover remedies****Bender Mender, B vitamins & Cynara artichoke****► Fry-up, milk thistle & hangover bitters** [Print](#) | [Email to a friend](#)**Links to other articles in this section****go****Promotions**
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Detailed Description

Our Comments: Zeo is our 2nd favorite product! This product works very well and has many satisfied customers. We believe it is one of the best hangover products available. Read below for the science behind the ingredients!

Guarantee: We honor their company's unconditional 30 day 100% money back guarantee! We have taken away the risk so you can try it!

Directions: Take a minimum of 6 capsules with your first alcoholic beverage (or immediately before).

Ingredients: Two Capsules contain 1600 mg of Zeolite (a natural mineral), 100 mcg of Vitamin B-12 (as Cyanocobalamin), and 144mg of Calcium (as calcium carbonate).

Their Comments:

Party without the pain!

ZEO is a unique formula designed to give you the opportunity to enjoy your life without succumbing to the uncomfortable pain of the next morning. It contains an amazing all natural mineral (Zeolite) that has been proven to absorb the toxins from alcohol that cause hangovers. The complete formula also contains other supportive vitamins and minerals, when taken together, it is a powerful combination for healthy living without limitations on your fun.

Research Brief

Studies have shown that the natural mineral Zeolite has very beneficial uses to live healthy. The mineral has a honeycomb shape that is optimum for filtering toxins. It is also one of the very few minerals that have been negatively charged by nature. This means that in addition to having an excellent shape for filtering toxins, it

actually acts like a magnet to attract them.

During the Chernobyl disaster, thirty to forty times the radioactivity of the atomic bombs dropped on Hiroshima and Nagasaki were released. To reduce the radionuclides in cow milk in Bulgaria, Zeolite was added to the cow feed, resulting in a major reduction of toxins in the milk. The government added Zeolite to chocolate and biscuits and fed them to the local children, successfully removing the toxins from their bodies.

Zeolite has been proven to have other amazing benefits as well, such as:

- 1. Increased Vitamin absorption**
- 2. Stomach relief**
- 3. Adjuvant in anticancer therapy**

Q & A

I never heard of this mineral before, what is it?

This form of Zeolite is approved by the FDA as completely non-toxic and is used in many products that you have probably come in contact with. For instance, it has been used in water filters, which you have most likely been drinking from, because of its ability to absorb toxins from the water. It has also been used in livestock to stop diarrhea and dehydration, which in turn means some of the meat you have eaten probably has contained Zeolite.

Will ZE c nflict with any

m di ations that I may b tak n?

No, it should not. It contains all natural minerals and vitamins. It passes through your system collecting the toxins, and is passed naturally without you even noticing. However, you should always check with a medical professional if you have any concerns about interactions with medications that you are taking.

How does it work?

The mineral has a honeycomb shape that allows it to trap the toxins as it passes through the body. Another exciting and interesting fact is that Zeolite is one of the very few minerals that is naturally negatively charged. Which means it actually attracts the toxins from your body like a magnet!

I have heard of other products that say they are hangover preventives, what makes ZEO so different?

Most of the other products on the market have ingredients such as charcoal and ash (which have no beneficial health uses for the body). These ingredients absorb the alcohol completely when you drink, which means you are wasting your money. ZEO only absorbs the toxins from the alcohol, allowing you to still get the fun from drinking without the bad reactions. Also beware of products that try to mask the hangover after the fact, they usually don't work. It is much

***better to prevent it from happening,
than trying to recover from it.***

Try ZEO today!

***With their 100% risk free offer
you have nothing to lose except a
lifetime of hangovers! Order now!***

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Drink responsibly and never drink and drive! All of these hangover products and statements have not been evaluated by the Food and Drug Administration. The FDA does not require such an evaluation. All of these products are not intended to diagnose, treat, cure or prevent any disease.

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Everyone has their own way of getting through the morning after. Her

1. A paracetamol washed down with fruit juice, a bit of toast, then a walk in the sun.
2. Phone in sick, then stay in bed until Neighbours comes on the telly.
3. Brew a big pot of coffee. It might leave you more dehydrated, but goddam it, it's the right thing to do!
4. Marmite and toast, washed down with a Berocca (a vitamin supplement taken in water form).
5. A big greasy fry-up. Get beyond the first mouthful, you're home and dry.
6. Two pints of water sipped over the course of an hour, followed by a little lie down then vigorous exercise like a run or a swim. Or sex.
7. Fingers down the throat. Yeeuuuuuurch! That's better.
8. An hour-long shower, letting the hot tank slowly drain until the cold kicks in (if not the point).
9. A bunch of bananas. Packed with vitamins and easy to get down without gas.
10. Pure oxygen. Airlines pilots swear by it. Which is reassuring to know when 30,000 feet up and the man up front is trying hard not to blow his breakfast altimeter.

Got a hangover cure that you're prepared to share? Tell all on the boards by c

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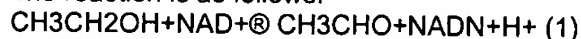
PRODUCT OVERVIEW

RU-21 is an all-natural supplement that has been clinically proven to regulate alcohol metabolism in order to prevent alcohol-related damage to the vital organs of the body. RU-21 was developed by the scientists at the **Russian Academy of Sciences** in the course of a 25 year-long research project studying alcohol metabolism.

HOW IT WORKS

When alcohol is consumed, it enters cells and is broken down into acetaldehyde. Acetaldehyde is an extremely toxic compound believed to be responsible for both, most alcohol-related diseases and the addictive process itself.

The reaction is as follows:



Then an enzyme called aldehyde dehydrogenase 2 (ALDH2) converts the acetaldehyde into acetic acid, which is non-toxic and can be readily used by the body to provide energy, eventually breaking down into water and carbon dioxide. However, the body is only able to metabolize a certain amount of acetaldehyde within a certain period of time regardless of how much alcohol is being consumed.

Consequently, alcohol consumption often results in excess acetaldehyde entering blood stream and causing severe damage to the vital organs and functions of the body.

RU-21 balances alcohol metabolism by slowing down the process of ethanol oxidation into acetaldehyde, so less acetaldehyde occurs in the first place, and then speeding up the process of acetaldehyde decomposition into acetic acid and then water and carbon dioxide.

The first task – slowing down ethanol oxidation into acetaldehyde was accomplished by the inclusion of dextrose (glucose) into the formula. Dextrose rapidly oxidizes in cytosol of liver cells using the same cytosol NAD pool used by ethanol to convert into acetaldehyde, thereby creating a deficit of cytosol NAD needed for the reaction (1) shown above.

Further, the acceleration of decomposition of acetaldehyde and acetic acid into CO₂ and H₂O and the energizing of mitochondria were accomplished through activation of aerobic oxidation processes in mitochondria by way of introducing substrates (Succinic Acid, Fumaric Acid), which activate the second half-cycle of tricarboxylic acids. Succinate substrate, which is independent of NADH-dehydrogenase prevents acetaldehyde from causing hypoxia, which often results from the accumulation of suboxidized metabolites, and from impeding NADH oxidation in the respiratory chain of cells.

L-Glutamine was added to the formula to speed up the mitochondria-cytosolic malate-aspartate shuttle, which plays key role in the course of acetaldehyde intoxication development. It also speeds up succinate

oxidation process (by preventing oxalic and acetic inhibition of succinate dehydrogenase). In addition, it transforms itself into a-ketoglutarate during a rapid oxidation in Crebs cycle. And finally, the proper concentration of L-Glutamine positively influences glutamate and GAMC synapses in the brain, improving coordination and inhibition processes affected by alcohol intoxication.

Ascorbic Acid was added to the formula in order to activate anti-oxidant systems of the central nervous system, liver and hormone-active tissues (affected by hypoxia and acetaldehyde) and to support adrenal gland cortex, which produces anti-stress hormones.

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Description

Discover the natural power of juice! Overflowing with fully-illustrated and delicious recipes, every one of these pocket-sized guides contains instructions on how to juice and nutritional information. The juices are quick and simple to prepare, packed with essential vitamins and minerals, and provide relief for a variety of everyday complaints. So...drink up! Last night's indulgence results in today's headache and queasiness. But the bad feelings caused by one type of drink can be cured by an entirely different kind: juices that settle the stomach and rehydrate the body. Here is exactly why that hangover happens, and helpful hints to alleviate the pain. Then, choose from a selection of the healthy potions to start the healing process. Can't function, and hurt from head to toe? Down an Acher Shaker of strawberries, pineapple, and banana. It's already high in revitalizing potassium, but a spoonful of blackstrap molasses will boost the vitamin content even more. A Pick-Me-Up of carrots, tart apple, and fresh root ginger relieves nausea. Try the Mind Bath, with lettuce to ease that pounding head. Each one makes the "morning after" just a little bit better.

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Clinical Trial Reveals Chaser is Effective in Hangover Prevention

83% of trial subjects would recommend Chaser to prevent hangovers

Walled Lake, MI – February 18, 2003 – Living Essentials, makers of Chaser – Freedom from Hangovers and Chaser for Wine Headaches, today announced the results of a clinical trial conducted by Herbal Research Clinic to assess the efficacy and safety of Chaser products. According to the trial's executive summary, "The efficacy of the product 'Chaser' appears to be proven based on the clinical trial. All of the major symptoms associated with moderate alcohol consumption were improved while on the product." At the conclusion of the test, 83 percent of the subjects said they would "highly recommend" or "recommend" Chaser.

A 1999 report by the National Institute of Alcohol Abuse and Alcoholism stated, "Productivity losses attributed to alcohol were estimated at \$119 billion for 1995." In addition, a survey conducted by Bayer showed it takes an average of just 3.2 drinks to cause hangover symptoms. For 10 percent of people, hangovers occur after just one or two drinks.

"Hangovers are a bigger problem than most people realize," said Tom Morse, president of Living Essentials. "Hangovers can lead to absenteeism, poor job performance and put people at risk for accidents and injuries. Chaser allows people to enjoy their favorite alcoholic beverages and still meet their personal and professional responsibilities."

The Institutional-Review Board (IRB)-approved clinical trial featuring randomization, double-blind, placebo-controlled, crossover group design showed statistically significant differences for 17 common hangover symptoms including headaches, fatigue, red eyes, gastrointestinal upsets, dizziness and lack of concentration.

Test subjects participated in a series of controlled drinking episodes that included between four and 12 drinks (depending on each subject's weight and historical tendency for hangovers). Subjects also received doses of either Chaser or placebo. After each episode, researchers measured the subjects' hangover symptoms.

On average, subjects reported improvement in all 17 hangover symptom categories while taking Chaser. Selected mean improvements are listed below:

Hangover Symptom	% Improvement over Placebo
Headache	70.4
Bloating	70.0
Sweating	67.4
Dizziness	63.2
Feeling "Hungover"	54.5
Dry Mouth	45.0
Nausea	36.4

Fatigue

29.3

The report goes on to state, "There appears to be no drawbacks to this product with respect to safety as determined by this trial. Furthermore, the active ingredients (activated calcium carbonate and activated charcoal) have a long medical history of use and are generally recognized as safe (GRAS) by the FDA."

About Chaser

Chaser is a patented formula of activated calcium carbonate and activated charcoal in caplet form. Chaser is available in GNC stores throughout the United States or by calling 1-888-960-9495 or visiting www.doublechaser.com

About Living Essentials

Living Essentials, located in Walled Lake, Michigan, is a biotech consumer products company that was formed to develop proven healthcare technologies and create brands and distribution around them. More information about Chaser products can be found at www.doublechaser.com and www.winechaser.com.

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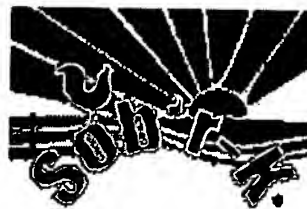
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Detailed Description



Our Comments: Sobr' K - in a word - Relief! Our customer feedback has been all positive, except only one negative that resulted in a refund. This product is based on a treatment they use in the ER when someone overdoses or ingests poison. The ER staff will have the patient drink about 12 ounces (size of a coke can) of activated charcoal. This charcoal will keep the stomach and intestines from absorbing the pills or poison. The pills work to do the same thing - except a lot smaller!

Guarantee: We honor their company's unconditional 30 day 100% money back guarantee!!! We have taken away the risk so you can try it!



Directions: Take 2 pills before drinking, 2 pills while drinking (every 1-2 hours), and 2 pills after drinking.

Ingredients: Activated Carbon

Their Comments: Sob'r-K™ is made from a patented type of activated carbon - the highest quality vegetable carbon made. Sob'r-K™ is all natural with NO additives and completely manufactured and packaged in the U.S.A. Sob'r-K™ works by lining your stomach and intestines with our Patented Super Activated Carbon. The Super Activated Carbon molecules then attach to the impurities (congeners) from the liquor, beer, or wine before they get into your system. It's the congeners that cause hangovers, not the alcohol.

Q: What are the side effects of Sob'r-K™?

A: None. As stated in the book by David O. Cooney, *Activated Charcoal in Medical Applications*, Pg. 166, "Charcoal is harmless." Sob'r-K is all natural and you cannot take too much. Many people actually use Sob'r-K as a daily detoxifier and take up to 12 pills per day.

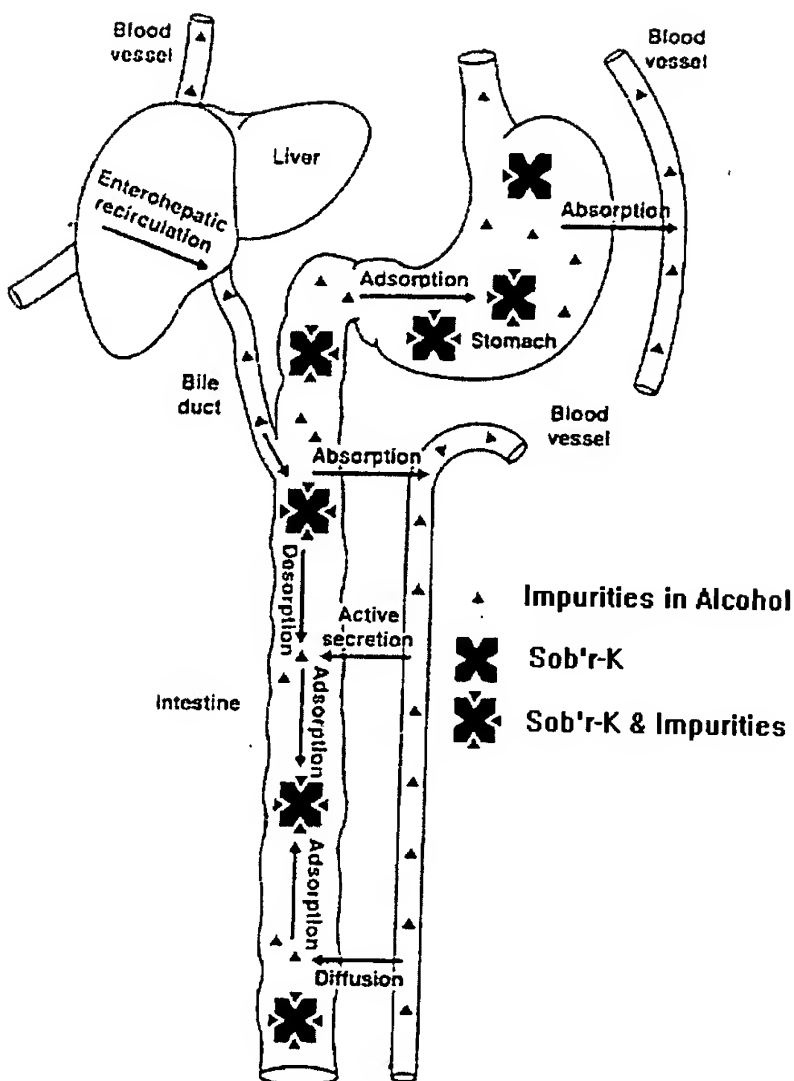
Q: Has Sob'r-K™ been certified by the FDA?

A: No. Sob'r-K is not a drug and has not been approved by the FDA. Sob'r-K is marketed under the 1996 Natural Food Supplement Act. View the U.S.F.D.A.

Q: Will Sob'r-K reduce my blood alcohol count?

A: Sob'r-K™ may reduce your blood alcohol level, but we make no claims except as a hangover pill. Alcohol is a complex drug. Much of how alcohol effects the brain is still theory.

How It Works!



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Drink responsibly and never drink and drive! All of these hangover products and statements have not been evaluated by the Food and Drug Administration. The FDA does not require such an evaluation. All of these products are not intended to diagnose, treat, cure or prevent any disease.

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Hangover

That dreaded morning hangover is directly associated with the amount of toxin which organs like the liver must eliminate from the system. Symptoms vary, but headaches and mental fogginess, along with thirst, weakness and trembling, or with a feeling of misery, is typical. The stomach feels queasy and nauseous because it irritates the stomach lining, so it is not advisable to take aspirin in any form. It is to eliminate the toxins from the system, and rest gives the body the support it needs.

A hangover is a kind of drug withdrawal, the result of sinking blood-alcohol levels in the brain after high levels have been reached. This is why drinking alcohol the night of drinking temporarily delays the hangover and, in the end, only makes it worse. Since dehydration and low blood sugar levels are also responsible for many of the symptoms, hangovers are best prevented or remedied with sufficient water intake and a light meal.

Although overuse of alcohol is the direct cause, there are a number of factors which contribute to hangovers. Mixing different types of alcoholic drinks is well known to cause problems. Drinking alcohol on an empty stomach will also cause trouble, because food allows the alcohol to be absorbed more slowly into the bloodstream. Smoking intensifies the problem by adding additional toxins and further dehydration. Lack of sleep will also increase susceptibility to hangovers, however, remember that the long-term consequences of alcohol abuse result in serious illnesses to the body, including cirrhosis of the liver and pathological personality changes but there are numerous avenues today to prevent or reduce hangovers.

Supplements and herbs

A hangover is a combination of alcohol withdrawal symptoms and the toxic effects of alcohol on the body. Although supplements help in both instances, they should not be used as a treatment to allow continued alcohol binges.

Vitamin C helps reduce the effects of alcohol toxicity on the body. Depleted melatonin causes shaking, nervousness and tension associated with a hangover, and should be replaced.

The B vitamins also help to calm and strengthen the nervous system, reduce the effects of alcohol and stop cravings for more. If the smallest amounts of alcohol are drunk the morning after, gamma-linolenic acid (GLA) in evening primrose oil will often help.

Herbal remedies provide effective relief of stomach upset and headaches due to hangovers.

- Ginger is an anti-nauseant and will soothe the stomach. Stir a glass of ginger ale to reduce the carbonation and drink slowly.
- Place a drop of Japanese mint oil on the tongue. Breathe in deeply through the mouth and out the nose. Repeat various times.

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- [Gentian](#), [peppermint](#) or centaury leaf tea will soothe and normalize an u
- A combination of peppermint and [fennel](#) emulsion diluted in 1/2 cup of w soothing a painful stomach. With [ulcers](#), take the fennel only.
- Mix equal amounts of [agrimony](#), [wormwood](#) and centaury to relieve [mig](#) boiling water over 2 tbsp. of this mix, steep five minutes, strain and drink small quantities.

More useful herbs

[Borage](#), [Cabbage](#), [Carrot](#), [Kudzu](#).

What else you can do

- Drink lots of water to oxygenate the blood, then go back to sleep.
- Go for a brisk walk in the fresh air.
- Take a shower, alternating between about five minutes of hot water and cold.

How much to take

- Vitamin C, with [bioflavonoids](#), 1,000 mg every hour for several hours, up
- Magnesium, 250 mg, hourly for three doses
- Vitamin B complex, 100 mg in the morning
- Evening primrose oil, four 500 mg capsules in the morning

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Product Overview

Adults find themselves in situations from time to time where they would like to enjoy a few drinks. In order that they might be able to do so and not suffer unnecessarily the next day, we developed **NO HANGOVER*** an alcohol protection formula.

Better Living Chemistry's **NO HANGOVER** alcohol protection formula for moderate social drinkers was specially designed to protect the liver and nervous system and contains the necessary nutrients required by the human body to detoxify alcohol and its by-products. Giving the human body the nutrients it needs when it needs them, allows for the metabolism of alcohol and its by-products naturally.

How It Works

Better Living Chemistry's **NO HANGOVER** alcohol protection formula takes three different approaches to reducing the negative sides effects of alcohol. Our unique three-prong approach involves 1. Herbs 2. Vitamins and 3. Minerals.

1. **NO HANGOVER** uses Milk Thistle and White Willow Bark. Milk Thistle and White Willow Bark have been safely used since the Middle Ages. Milk Thistle contains a group of flavolignans collectively known as Silymarin, which have been conclusively shown to be liver protective. Milk Thistle lowers fat deposits in the liver, allowing it to function more efficiently. White Willow Bark's active ingredient is salicin, which is chemically related to aspirin (acetylsalicylic acid) but is synthesized and released in the body more slowly. The advantage of this slower metabolism of White Willow Bark is that the active ingredient is available for a longer period of time. White Willow Bark has been added to the **NO HANGOVER** formula to help reduce the headache associated with alcohol consumption.
2. **NO HANGOVER** uses a specially formulated B-Complex vitamin which contains the necessary vitamins to support the liver enzymes responsible for the metabolism of alcohol and its by-products.
3. **NO HANGOVER** also contains Molybdenum, a mineral which is a necessary component of the enzyme acetaldehyde dehydrogenase which is required to process alcohol into its

harmless end-products. In addition to Molybdenum, **NO HANGOVER** also contains the mineral supplement Magnesium. This mineral is lost through the kidneys during alcohol consumption. Magnesium has a large range of positive effects, but has been added to the **NO HANGOVER** formula primarily to reduce the severity of headaches.

[Click Here to Order](#)

Please note:

Minimum Order Qty is 24 Packages

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Please drink responsibly, do not drink and drive.

Warning: DO NOT USE THIS PRODUCT IF YOU ARE PREGNANT OR NURSING. If you are under a physician's care or taking medications, consult with your health professional before taking this product.

WEBMASTER

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Hopefully, we will carry this product soon!

In Stock	Sale Price	Qty	Order
No	\$0.00	<input type="text" value="1"/>	BUY

Detailed Description



Our Comments: First Call has many satisfied customers! Most of the other hangover products have amino acids, vitamins, minerals, carbon, etc. This product is made up of only food. It consists of Artichoke and Sarsaparilla. This product is very safe to take since it is made of only food. We hope to carry this product soon!

Directions for use

As a health supplement, we recommend one to three FIRST CALL™ capsules taken one half hour before meals. We suggest starting with one capsule before each meal and increasing dosage as desired.

For alcohol consumption, the recommended dose is three FIRST CALL™ capsules with water before consuming alcohol and three capsules afterwards. For extended periods of drinking an additional capsule every hour is suggested. If consuming red wine, a calcium carbonate tablet is also recommended to balance the pH and reduce acidity.

Hangover Helper

Because the real cure, "drinking less," is still just a mad scientist's dream.

Maxim, August 2002

Mix gin with copy toner in a hollowed-out hot dog like we do and you're in for a serious hangover, usually one that leaves you laughing at the carpet. Fortunately, the product we've been waiting for since we were 12 has finally arrived!

With the slogan "never drink without it," the First Call pill claims to immunize you against hangovers. "The approach is unique because it's not a remedy," says company president Kurt Koenig. "It prevents the hangover from happening at all." How's it work? Your endocrine system gets disrupted by toxins in alcohol, creating a mess of internal problems as well as dehydration and dizziness.

First Call utilizes the tasty combination of artichoke (a liver stimulant) and sarsaparilla (a blood purifier) to detox your body. During rigorous testing in

our office (hey, wh are we to shirk the scientific method?), the pill worked very well...when we were sober en ough t follow the directions. The key is to take a dose before hitting the bottle, then somehow remember to take another just before getting shoveled into bed.

"We recommend people take it with water, but I take it with that first beer," Koenig admits. "The important thing is that you take it before you go to bed." The other important thing: not parking a custard while you choke it down. To purchase 90 capsules for \$25, stumble online to preventhangovers.com.

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Drink responsibly and never drink and drive! All of these hangover products and statements have not been evaluated by the Food and Drug Administration. The FDA does not require such an evaluation. All of these products are not intended to diagnose, treat, cure or prevent any disease.

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Hangover Pills > Bizon™



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Bizon

Effervescent powder that dissolves in water! This product is the size credit card. It will easily fit in your wallet or purse! Don't get caught without it!

Retail:	Sale Price	Qty	Order
\$2.49	\$1.95	<input type="text" value="10"/>	<input type="button" value="BUY"/>

Detailed Description



Our Comments: Bizon is deffinatly our second favorite product as well as our customers! If you are looking for something easy to use, tastes great, easy to carry, and that works - look no further! You will love this product! Just try it, yo

see for yourself!

Guarantee: We honor their company's unconditional 30 day 100% money back guarantee! We have taken away ALL the risk so you can try it!

Directions: If your goal is staying sober, then a packet of BIZON before the party should do that for you. If you are aiming to be fresh and energetic in the morning, then the dose is recommended after the party. If, after this you are still in bad shape in the morning, that same dose will help relieve the headache, tremors, and other side effects of intoxication.

Ingredients: Succinic acid, malic acid, glycine, sodium hydrocarbonate, fructose, mannitol, and carrageenan.

Their Comments: If you party hard, but would like to feel good & fresh in the morning, then BIZON™ is what you have been looking for. Dietary supplement BIZON™ has helped hundreds of thousands to fight hangovers. It doesn't only help you prevent hangover symptoms, but also improves your overall health, especially of the brain and the liver.



The dietary supplement BIZON™ can help

- Prevent hangover symptoms
- Enhance energy reproducing processes
- Speed up recovery after intoxication
- Eliminate fatigue, stress, and hypoxia

The dietary supplement **BIZON™** prevents the acetaldehyde-dependent energy deficiency and destruction of cells. Hence, the internal organs gain anti-toxic resistance resulting in their normal function even under knocking-down doses of alcohol.

The dietary supplement **BIZON™** is non-toxic, does not accumulate in the organism, or cause medicinal dependency.

BIZON Q & A

Q: What are all the functionalities of BIZON? Does it just relieve hangover does it do something else too?

A: If taken after drinking it does relieve the effects of hangovers. Also, when taken before drinking, BIZON reduces the effects of alcohol on the body. This means that more alcohol can be consumed without becoming intoxicated. Lastly, when not drinking you can take BIZON to simply relieve stress.

Q: Why should I choose BIZON over other products that help fight hangover?

A: There are several reasons. One is that unlike BIZON many such products absorb the toxins. The reason that is a problem is because they also absorb everything else there, like vitamins, medicines, and other things that you need to stay in your body. Another is that BIZON fights the hangover by directly preventing the damage the poison does to the body whereas many other products are a mix of ingredients that relieve the feeling of the effects of the poison.

Q: Is it safe to take BIZON after taking medicine or going through a medical procedure?

A: It is completely safe to take BIZON before, during, or after taking any medicine or going through any medical procedure.

Q: Is it possible to become addicted to BIZON and would hangovers be more severe if you stop taking it?

A: BIZON does not cause addiction or any unwanted long-term effects.

Q: Which supplements and ingredients are in BIZON? Can any of them be harmful to health in certain cases?

A: First of all, all of the ingredients of BIZON have been allowed for use in the United States and the safety of this product is confirmed by the FDA. Now about the ingredients listed on the front of the one dose package. At the top of BIZON are succinic acid, malic acid and baking soda. Besides that, ingredients hindering the development of hangover symptoms are glycine (an amino acid, an element in the structure of proteins). The recipe also contains fructose, mannitol, and carrageenan. In other words, all of the ingredients are not a problem to the human body because they normally enter the body from other food and are created internally by the body itself.

**OK - you know the facts, you know how it works -
order it! You will be glad you did!**

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